







# DECEMBER 2011 LUNCH MENU & ACTIVITIES

Mon	Tue	Wed	Thu	Fri
			<p>1 8:30 Notary Service Appointments 10:00 VTA Transit Cards 10:30 Bookmobile 11:15 Presentation: Maximize your Memory, Social Hall 11:45 Lunch Menu Baked ham Pineapple sauce on side Whole grain bread California blend veggies Baked potato &amp; Fruit 1:00 SALA Appointments</p> 	<p>2 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Chicken Noodle Soup w/ veggies, dinner roll, cabbage salad w/ tomatoes, egg, Orange 1:00 Movie: 127 Hours</p> 
<p>5 10:30 Dancing, lunch room 11:00 Foothill Community Choir Performance, Social Hall 11:45 Lunch Menu Beef stir fry Brown rice Roasted carrots, zucchini, red bell pepper, onions &amp; sesame seeds, Orange 1:00 Big Bingo</p>	<p>6 7:30 Cache Creek Casino 10:30 Book Club - "The Secret Scripture" 11:45 Lunch Menu Chili Verde &amp; Tortilla Fresh refried beans Green salad Tropical fruit 1:00 Movie: Bridesmaids 4:00 Wii Bowling</p> 	<p>7 10:30 Line Dancing, lunch room 11:45 Lunch Menu Spaghetti &amp; meatballs Garlic bread Italian veggies Tomato &amp; bell pepper Salad Pears 12:45 Bingo, lunch room 3:00 Orchestra Performance, Social Hall 5:30 Movie: Bridesmaids</p> 	<p>8 10:30 Bookmobile 11:00 Meet &amp; Greet 11:45 Lunch Menu Oven fried chicken Whole grain bread Broccoli &amp; carrots Fortified mashed potatoes Fruit cocktail 1:00 Workshop: Meaningful Visits to People with Dementia</p>	<p>9 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Breaded fish Whole grain bread Chef's blend veggies Baked potato Apple 1:00 Movie: Bridesmaids</p>
<p>12 8:30 HICAP 10:30 Dancing, lunch room 11:45 Lunch Menu Chicken Pot Pie with Mixed veggies Tossed salad Fortified juice 2:00 Hearing Screening</p> 	<p>13 9:15 Eyeglass Repair 11:45 Lunch Menu Meatloaf Whole grain bread Mixed veggies Fortified mashed potatoes Banana 1:00 Movie: The Adjustment Bureau 4:00 Wii Bowling 5:30 AARP Driver Safety</p>	<p>14 10:30 Line Dancing, lunch room 11:45 Lunch Menu Baked fish Brown rice Peas &amp; pearl onions Carrot raisin salad Orange 12:45 Bingo, lunch room 5:30 Movie: The Adjustment Bureau</p>	<p>15 10:30 Bookmobile 11:45 Lunch Menu Beef Lasagna with noodles Corn w/ red bell pepper Coleslaw Fruit cocktail 1:00 SALA Appointments 1:00 Workshop: Hospice of the Valley</p> 	<p>16 10:30 Blood Pressure Check 10:45 Dancing w/ Ana &amp; Irv 11:45 Lunch Menu Boneless pork chop Brown rice 5-way blend veggies Tossed salad &amp; Tropical fruit Celebrating December Birthdays w/ Birthday Cake 1:00 Movie: The Adjustment Bureau</p>

Mon	Tue	Wed	Thu	Fri
<b>19</b> 9:30 Movie: Murder on the Orient Express 10:30 Dancing, lunch room <b>11:45 Lunch Menu</b> Beef Stew with Carrots, Peas, Onions, Celery & Potatoes in entrée, Whole Grain roll 1:00 Movie: Maltese Falcon 2:00 Newcomers' Group	<b>20</b> 9:30 Movie: Guys and Dolls 11:00 CSA Information + Referral <b>11:45 Lunch Menu</b> Chicken Cacciatore with bell peppers, mushrooms, tomatoes & onions, Noodles Green Salad, Apple Crisp 1:00 Movie: West Side Story 4:00 Wii Bowling	<b>21</b> 10:00 Podiatry Screening 10:30 Line Dancing, lunch room <b>11:45 Lunch Menu</b> Roast pork loin, Whole grain bread, Broccoli, cauliflower & carrots, Noodles, Fruit 12:30 Alzheimer's Screening 12:45 Bingo, lunch room 3:30 Movie: Arsenic and Old Lace 4:00 Holiday Gala 5:30 Movie: Tootsie	<b>22</b> 9:30 Movie: Sabrina 10:30 Bookmobile <b>11:45 Lunch Menu, Holiday Lunch</b> Please arrive early to be seated! Roast beef, Scalloped potatoes, Green beans, Salad & Special dessert 1:00 Workshop: Hip, Joint & Knee 1:00 Movie: Casablanca	<b>23</b> 9:30 Movie: It's a Wonderful Life 10:30 Blood Pressure Check 10:45 Dancing w/ Ana & Irv <b>11:45 Lunch Menu</b> Chicken Cordon Bleu, Brown Rice, Peas & Pearl Onions, Green salad, Orange 1:00 Movie: A Christmas Carol
<b>26</b>  SENIOR CENTER CLOSED	<b>27 SENIOR CENTER OPEN FOR NUTRITION PROGRAM ONLY</b> <b>10:30a.m. to 1:30p.m.</b> Beef stroganoff & Noodles California blend veggies Cabbage salad Gelatin w/ fruit	<b>28 SENIOR CENTER OPEN FOR NUTRITION PROGRAM ONLY</b> <b>10:30a.m. - 1:30pm.</b> Teriyaki chicken Brown rice Japanese blend veggies Green salad Apple	<b>29 SENIOR CENTER OPEN FOR NUTRITION PROGRAM ONLY</b> <b>10:30a.m. - 1:30pm.</b> Country fried steak Whole grain bread Broccoli, carrots, mashed potatoes	<b>30</b>  SENIOR CENTER CLOSED

**NUTRITION PROGRAM** - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.



= Meal contains more than 1000mg sodium